

**MARLBORO SWIM CLUB**  
**SNACK BAR**  
**HEALTHY MENU**

**Salads:**

<b>Strawberry Chicken Sensation Salad:</b> Romaine lettuce topped with fresh strawberries, grilled chicken and walnuts)	<b>\$6.50</b>
<b>Grilled Chicken Caesar Salad:</b> Romaine lettuce topped with grilled chicken, fresh grated Pecorino Romano cheese and croutons.	<b>\$7.00</b>
<b>Garden Salad with choice of tuna fish or grilled chicken</b>	<b>\$6.50</b>
<b>Chef Salad:</b> Garden salad topped with sliced low fat ham, low fat turkey, and cheese	<b>\$6.50</b>
<b>Fresh fruit salad</b> (made fresh daily)	<b>\$6.50</b>

**Wraps:** All wraps on choice of white or whole wheat wraps

<b>Grill Chicken Caesar Wrap</b>	<b>\$6.95</b>
<b>Turkey Club Wrap</b> Low Fat Turkey - with lettuce, tomato and low fat mayo	<b>\$6.95</b>
<b>Greek Wrap:</b> Romaine lettuce topped with grilled chicken, crumbled feta cheese and olives topped with low fat gyro sauce	<b>\$7.50</b>

**Burgers:**

<b>Veggie Burgers:</b> Made from fresh vegetables and served on a roll with lettuce and tomato. Served with fruit salad instead of ff's	<b>\$5.00</b>
<b>Perdue Turkey Burgers:</b> Made from 95% lean ground turkey breast	<b>\$5.00</b>

**Snacks:**

<b>Yogurt Parfait:</b> Greek yogurt topped with toasted granola and strawberries	<b>\$4.00</b>
<b>Frozen Fruit Bars</b> - (strawberry, banana, lime & coconut)	<b>\$2.00</b>
<b>Frozen Low Fat/Low Sugar Peach yogurt</b>	<b>\$2.50</b>

**Beverages:**

A full line of diet sodas and teas, bottled water and iced coffee always available  
Splenda and Sweet and Low available upon request.

**Weekend “Healthy Specials”**

Watch for our weekend “Healthy Specials” for the heart healthy clientele. **PRICING TO BE ANNOUNCED WHEN OFFERED**

- 1-**Grilled Salmon** - with a side of grilled vegetables
- 2-**Shrimp Skewers** - over a bed of brown rice
- 3-**Greek platters (lamb or chicken)** - served with rice, lettuce tomatoes and fresh cucumber sauce.